



# Bitter Lake

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## COMMUNITY CENTER



Summer 2006



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Bitter Lake Community Center  
13035 Linden Ave N  
Seattle, WA 98133-7560

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## Bitter Lake Community Center

13035 Linden Avenue North  
Seattle, WA 98133  
Phone: 206-684-7524 Fax 206-684-0858

Visit us online at [www.seattle.gov/parks](http://www.seattle.gov/parks)

### Hours of operation

Monday & Tuesday 1 to 9 p.m.

Wednesday – Friday 11 a.m. to 9 p.m.

Saturday \*Closed

Sunday Closed

\*Closed Saturdays Memorial Day through Labor Day

### Program Registration

Registration begins May 30, 2006

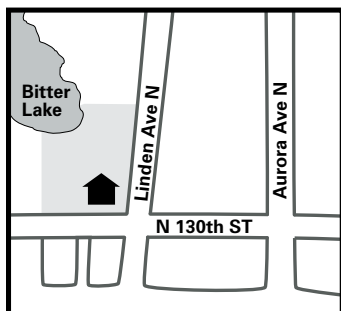
### Program Dates

June 26 through September 3, 2006

### Holiday Closures

Tuesday, July 4, Independence Day

Monday, September 4, Labor Day



### Directions

Bitter Lake Community Center is located on Linden Avenue N and N 130th Street

#### Heading North on I-5:

- Take the 130th Street exit (#174).
- Go straight through the stop sign.
- Turn left onto 130th Street
- Follow 130th St about 1 mile, past Aurora Ave N to Linden Ave N and turn right.
- You will see the community center on your left. Park on the street or in the lot to the north of the center.

#### Heading South on I-5:

- Take the 145th Street exit (#175)
- Turn right onto 145th Street at the stoplight.
- Follow 145th about 1 mile, past Aurora Ave N, and turn left onto Linden Ave N.
- The community center will be on your right at the corner of Linden Ave N and 130th Street N. Park in the lot to the north of the center or on the street.

## Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

## Management Staff

Ken Bounds, Superintendent  
Christopher Williams, Operations Director  
Maureen O'Neill, Recreation Manager  
Tom Ostrom, Senior Coordinator

## Center Staff

Barbara Wade, Center Coordinator  
Faizah Osayande, Asst. Center Coordinator  
Debi Belt, Maintenance Laborer  
Kyle Griggs, Teen Development Leader, OOC  
Mputela Scott, Recreation Attendant

## Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) You may now register online for some classes.

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

# Special Events

## Bitter Lake Community Celebration!

Join us as we celebrate summer and the great community we live in! Come down to the park, eat some good food and ice cream and meet your neighbors. Also, enjoy some very special entertainment by our summer day camps kids!

Bring a can of food for the local food bank - lets also help our less fortunate neighbors.

5 - 8 p.m. Aug 11

Fees: \$2 for dinner; 25¢ for game tickets



## Toddler Summer Sockhop!

This is a special event just for toddlers! Join us in the gym for some fun toddler games, music, face painting, popcorn and other treats.

Wed, Jul 26 11:30 a.m. - 1 p.m.

Fees: \$2.00



## Wading Pool, Playground & Field House!

Bitter Lake Community Center's popular wading pool will once again be open for all kinds of wet summer fun! Thanks to the Pro Parks Levy, our pool operates seven days a week, from Noon - 7 p.m., including the 4th of July and Labor Day! The pool will be open and staffed on sunny days when the temperature is forecast to be 70 degrees or above. If you're not sure, watch the Channel 5 news forecast the night before or call the Wading Pool Hotline at 206-684-7796 to find out.

Daily Noon - 7 p.m. Jun 26 - Sep 4  
Fees: Free!

## Summer Sack Lunch Program

Bitter Lake Community Center is happy to once again host the Summer Sack Lunch Program. During the summer, youth up to 18 years of age can receive a free sack lunch on weekdays between noon and 1 p.m. (while supplies last). An afternoon snack will also be provided between 3 and 4 p.m. The Summer Sack Lunch Program is run out of the community center.

Mon - Fri Noon - 1 p.m. Jun 26 - Aug 25



## Special Events

### Friday Flics!

Join us on some fun and festive Fridays as we watch movies on the big screen! We'll test your wits with movie trivia and prizes will be given for costumes inspired by the evening's movie selection. We'll be sprawling out in the Bitter Lake Halls so bring comfy cushions and some friends and family and join us for some fun and laughs.

### Ghost Busters

Fri, Jul 7 6:30 – 9 p.m.

Fees: \$2.00 per person (includes snack!)

### Wizard of Oz

Fri, Aug 4 6:30 – 9 p.m.

Fees: \$2.00 per person (includes snack!)

### Lady and the Tramp

Fri, Sep 1 6:30 – 9 p.m.

Fees: \$2.00 per person (includes snack!)

### Friday Family Skate Night!

Our very popular family skate night only takes place during the school year. Bring your family and friends and join us again on September 8 for a fun back-to-school skate!

This great program takes place at our Annex at Broadview Thomson Elementary School, 13040 Greenwood Avenue N.

**Fridays Starting again Sep 8!**

Fees: \$3.00 per person

Location:  
The Annex



### Bastille Day Celebration

Join us for a Bastille Day Celebration! Get a little culture and have some fun too! To celebrate this fun French holiday, we will host Alafone and Sanvua, two talented French singers. Their songs are written and performed for children, but adults will love them too! This program is offered in partnership with Seattle Center and FESTAL.

July 14 6–7:30 p.m.

Free

### Parents Night Out!

Ages 3 – 12

It's your turn to take time off for yourself and go out for a night. Bring your child to the center for a fun night of activities and you can go out for dinner, a movie, or both!! Please pre-register by the Wednesday before the date.

**Location: Childcare Room**

**Activity Fee \$15.00**

#7441 7/14/2006

Fri 6 – 9 p.m.

#7442 8/11/2006

Fri 6 – 9 p.m.

### Free Concert!

#### Around the Sound Community Band

Join us for a free community concert put on by the Around the Sound Community Band! This non-profit band is made up solely of volunteer community members who love to play music. Come on out and support them and enjoy some great music!

August 25 7:30–8:30 p.m.

Free!

## Special Events

### Our Community: Past, Present & Future!

Join us as we learn about our neighborhood's rich history, get involved in taking care of it today, and learn what each of us can do in our own backyards to protect it for the future!

#### Bitter Lake Park & Shoreline Work Parties

Lend a hand to help take care of the newly improved South shoreline of Bitter Lake. We will pull weeds, water new native plants, mulch and whatever else the park and shoreline need! Coffee and doughnuts provided.

**Sat, Jul 22 9:30 a.m. – Noon**

**Sat, Aug 26 9:30 a.m. – Noon**

**Sat, Sep 23 9:30 a.m. – Noon**

**Fees: Free!**

#### Neighborhood Clean-Up Events

Let's take pride in the neighborhood where we live and work! We will pick up litter and clean up our community. Meet at the Bitter Lake Field House. This event is in partnership with GAIN (Greenwood Aurora Involved Neighbors).

**Sat, Jul 1**

**10 a.m. – 12:30 p.m.**

**Sat, Aug 5**

**10 a.m. – 12:30 p.m.**

**Sat, Sep 2**

**10 a.m. – 12:30 p.m.**

**Fees: Free!**

#### In Your Own Backyard — Red Worm Giveaway!

Learn what you can do in your own backyard to help our local environment into the future. Learn how to make a red worm composting bin in your own backyard. Free red worm give-away to every family who attends. This program in partnership with Carkeek Park!

**6:30 – 8 p.m.**

**Jul 19**

**Fees: Free!**

#### In Your Own Backyard — Life at Bitter Lake!

Who's living in and around Bitter Lake? Learn what kind of creatures are living right along side us and what good they do for the lake and surrounding environment. Create an origami frog to take home. This program is in partnership with Carkeek Park!

**6:30 – 8 p.m.**

**Aug 16**

**Fees: Free!**

#### In Your Own Backyard — Get a Little Green in Your Life!

How do plants grow? What do they do for us? We will explore parts of flowers, seeds and pollination through games and experiments. All families who attend will take home a small tree to take home and plant! This program is in partnership with Carkeek Park!

**6:30 – 8 p.m. Sep 20**

**Fees: Free!**



## Volunteer Spotlight

Congratulations to Leon Hall and Laurie Carroll-Reddy who both received Outstanding Youth Achievement Awards for their outstanding leadership at Bitter Lake Community Center. Both teens serve on the Bitter Lake Teen Advisory Council and are positive role models and active members in our community.

## Volunteer Opportunities!

Bitter Lake Shoreline Workparties

Neighborhood Clean Up Events

Basketball Coaches

Teen Program Instructors

Bitter Lake Block Party

Bitter Lake Advisory Council

Bitter Lake Teen Advisory Council

Contact us at 684-7524 or [faizah.osayande@seattle.gov](mailto:faizah.osayande@seattle.gov) for more information!



Pictured here are (l to r): Teen Development Leader Kyle Griggs, Leon Hall, Seattle Parks and Recreation Deputy Superintendent B.J. Brooks, Laurie Carroll-Reddy, Bitter Lake CC Coordinator Barb Wade and Teen Development Leader Joy House.

## Toddlers

### Discovery Corner Summer Camp 2006

Preschoolers will have a blast at Discovery Corner Summer Camp! Each week is filled with fun crafts, games, books and activities relating to that week's theme. Sign up for one week - or all nine! It's a wonderful way for pre-schoolers to have fun while learning and socializing too! Your awesome summer camp staff members are Rebecca Moore, Georgia Goldberg and Devon Little!



Camp meets Monday-Friday from 9:30 a.m. – 1:30 p.m. Cost per week is \$100. (Week 2 is \$80 with July 4 off.) At the time of registration, payment for your first week is due in full and a \$25 deposit is due for other weeks. Don't wait — this popular camp will fill up fast! Register now!

Week 1: 6/26-6/30	Dinosaur Camp
Week 2: 7/3-7/7 (No camp 7/4)	Bug Camp I
Week 3: 7/10-7/14	Tool Time
Week 4: 7/17-7/21	Ocean Antics
Week 5: 7/24-28	Wild Things
Week 6: 7/31-8/4	Little Picassos
Week 7: 8/7-8/11	Weird Science
Week 8: 8/14-8/18	What's Cooking
Week 9: 8/21-8/25	Bug Camp II

### Discovery Corner Preschool

Join the fun, make new friends and get ready for kindergarten too! Your child will learn the alphabet and numbers in a creative, loving & positive environment. Activities include arts and crafts, science, music and gym and outdoor play. A mid-morning snack is provided by parents. Children must have independent toileting skills. Put a deposit down now and hold a spot for September!

**Instructor:** Rebecca Moore

**Age:** 3 to 5

**Fees:** \$165 /month

**Location:** Childcare Room

### Discovery Corner AM

**MWF 9:30 a.m. – 12:30 p.m.**

### Discovery Corner PM

**MWF 1 – 4 p.m.**

### Discovery Corner JR Preschool

This class is the perfect early learning and socialization class for your toddler. Arts and crafts, stories, gym play, sharing, and more in a positive, creative, nurturing environment. A small snack is provided. Instructor is not required to change diapers. Space is limited! Put a deposit down now and hold a spot for September!

**Age:** 2 1/2 to 3 1/2

**Tue/Thu 9:30 a.m. – Noon**

**Fees:** \$110 /month

### Brain Play

Activities, play, and discussions on different areas of development. Discover what activities and toys best support your child's brain in making essential connections. This is a free and ongoing program; however, donations for materials are appreciated. This great program is offered in partnership with the North Seattle Family Center.

**Age:** Parents & children birth to 3 years

**Wednesdays 10 a.m. – Noon**

**Fees:** Donations Appreciated





## Kids



### Summer Day Camp

#### Grades K – 5th

These popular camps run from 7 a.m. – 6 p.m., Monday-Friday. Cost is \$135.00 per week (\$108 for week 2). At the time of registration, payment for your first week is due in full and a \$25.00 deposit is due for other weeks. We are a DSHS licensed childcare site. You must have your approval paperwork for DSHS and other scholarships at the time of registration.

Your awesome Day Camp Director is Marjean McCraw!

#### K – 2nd Grade Themes

Week 1: 6/26-6/30	Summer Kick Off
Week 2: 7/3-7/7 (No camp 7/4)	Second Time Around
Week 3: 7/10-7/14	Hip To Be Fit
Week 4: 7/17-7/21	Kids vs. Counselors
Week 5: 7/24-28	Legends of Hidden Treasure
Week 6: 7/31-8/4	Ducks Fly Together
Week 7: 8/7-8/11	K-2 Cinema
Week 8: 8/14-8/18	Water World
Week 9: 8/21-8/25	Salute Your Shorts

#### 3rd – 5th Grade Themes

Week 1: 6/26 – 6/30	Let's Learn the Zones
Week2: 7/3 – 7/7 (No camp 7/4)	Charting and Exploring
Week 3: 7/10 – 7/14	A Map of the World
Week 4: 7/17 – 7/21	The Simple Life
Week 5: 7/24 – 7/28	Family and Friends
Week 6: 7/31 – 8/4	Let the Good Times Roll!
Week 7: 8/7 – 8/11	Fun, Fun, Fun in the Sun
Week 8: 8/14 – 8/18	We are the Champions!
Week 9: 8/21 – 8/25	Summer Send Off in Style!





## Kids

### BIG BLAST - School Year Childcare Program

This DSHS-licensed child care serves youth in Kindergarten through fifth grade. A variety of activities are available to satisfy various interests and age groups. The activities include art and cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are monthly. Call 206-684-7524 to ask about openings.

Explanation of Fees – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). \* Put a deposit down now and hold a spot for September!

**Instructor: Marjean McCraw**

**Age: Kindergarten to 5th Grade**

#### Before School

<b>Mon–Fri</b>	<b>7 – 9 a.m.</b>
<b>5 days/wk</b>	<b>\$160</b>
<b>4 days/wk</b>	<b>\$145</b>
<b>3 days/wk</b>	<b>\$120</b>
<b>2 days/wk</b>	<b>\$95</b>
<b>1 days/wk</b>	<b>\$50</b>

#### After School

<b>Mon–Fri</b>	<b>3:10 – 6 p.m.</b>
<b>5 days/wk</b>	<b>\$245</b>
<b>4 days/wk</b>	<b>\$230</b>
<b>3 days/wk</b>	<b>\$190</b>
<b>2 days/wk</b>	<b>\$135</b>
<b>1 days/wk</b>	<b>\$ 85</b>

### Best Effort Basketball Camp

**Ages: 8 – 14**

Kids, you'll enjoy this fun basketball camp because you'll learn new skills and have a blast, too. Parents, you'll enjoy it because it's totally FREE!

The Best Effort Basketball Camp will be held at the Bitter Lake Annex at Broadview Thomson Elementary School, 13040 Greenwood Avenue N.

**MTW**

**9 – 10:30 a.m.**

**Jul 10 – Jul 12**

**Fees: Free**

**Location: Annex**



### Brothers from Different Mothers

Be prepared to laugh with the Brothers from Different Mothers! This dynamic duo of juggling comedians shoulders the challenge of gravity time after time. Their high-energy wackiness and off the wall antics will stop nothing short of hilarity and amazement.

This program is in partnership with the Broadview Library Summer Program.

**Thu, Jun 29**

**10:30 a.m. – 11:30 a.m.**

**Fees: Free!**

### Cool Tunes for Kids

Experience how fun it is to sing, dance, and play along with a bunch of great participatory songs. Classic rock and roll, catchy sing-along and downright goofy and humorous songs that kids love will be featured. This program is in partnership with the Broadview Library Summer Program!

**Thu, Jul 27**

**2 – 3 p.m.**

**Fees: Free!**

## Kids

### The Snake Experience

Come see some of the coolest snakes around at a Snake Experience presentation. This program combines science and fun and is sure to leave you challenged and inspired! All feature snakes are non-venomous and are kept under control by professional snake handler Nick Sutton, who works locally as a zookeeper. This program is in partnership with the Broadview Library Summer Program!

**Wed, Aug 16 2 – 3 p.m.**

**Fees: Free!**



### Little Leapers Fun Runs!

Come on 4-7 year olds - blast past the ducks on a fun run through the park and past Bitter Lake! Ribbons will be awarded to first, second and third place runners in two separate heats for 4 and 5 year olds and 6 and 7 year olds. All runners receive a finishers ribbon and a yummy popsicle!

Only 30 spots available for this fun event, so sign up soon to catch the fun!

**Age: 4 to 7 years old**

**Fri, Jul 7 1:30 – 2 p.m.**

**Fri, Aug 25 1:30 – 2 p.m.**

**Fees: \$10.00 includes an event t – shirt!**



### Open Gym for Kids & Parents

This is gym time just for parents and kids so you can shoot some hoops together.

**Wednesdays**

**5 – 7 p.m.**

**Fridays**

**5 – 7 p.m.**

**Fees: Free!**

### Piano Lessons

Private lessons in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

**Instructor: Sean Barker, and Maria Khavin**

**Fees: \$80 per session**

#### Session I

**Mon – Fri**

**July 3 – July 28**

#### Session II

**Mon – Fri**

**July 31 – August 25**



## Kids

### Dance / Gymnastics

Does your child like variety? This is an excellent class – it offers a bit of everything! Your child will get a taste of tap dance, ballet and tumbling.

**Ages 4 – 6 years old**

#7439 6/27/2006 – 8/22/2006

Tue 4:10 – 5 p.m.

**Ages 7 – 10 year olds**

#7440 6/27/2006 – 8/22/2006

Tue 5:10 – 6 p.m.

**Location: Multi-Purpose Room – 1/2 North**

**Activity Fee \$75**

### Girls Volleyball

Volleyball is a game that can be played and learned with little or no experience. Girls will learn the basics of volleyball in a recreational setting. Practice days and times are determined by availability of a volunteer coach.

**Age: 10– 17**

**Fees: \$35**

### Flag Football

Youth will have fun learning the fundamentals of football in a non-contact environment. Teams are formed by age groups. Players will have practices and games beginning in September

**Age: 10 – 17**

**Fees: \$35**

### Indoor Nerf Soccer

This safe, indoor sport is a great introduction to the game of soccer for youngsters just starting out in sports. Your child will learn the fundamentals of soccer using a Nerf soccer ball. This league is for youth ages 5 – 7. Practice times and days are determined by the availability of a volunteer coach. Games location and times to be determined.

**Age: 5 – 7**

**Fees: \$35 ( includes t-shirt)**





## Youth/Teens



### Teen Advisory Council

The Bitter Lake Teen Advisory Council (TAC) is the hotline to all your service hours needs. Whether you need community service hours or an advisor and location for your senior project, the Bitter Lake TAC is the place for you. TAC members learn to organize, promote, and put on all types of events as well as learn techniques on public speaking, resume writing, personal economics, communication skills, teamwork, and influencing others.

**Age: 12 to 18**

**Wednesdays 5 – 7 p.m. Jun 27 – Sep 16**

**Fees: Free**

### Leaders in Training (LIT)

The LIT program is for teens, ages 14-17, who want to gain work experience and build their leadership skills. Through the summer, LIT's will participate in the Points of Light Youth Leadership Institute, compete in a life skills course, get several new certifications (First Aid, CPR) and get work experience working one day per week at the center. After completing all program requirements, LIT's receive a \$200 Stipend. Talk to Bitter Lake Community Center's TDL for more details. Call (206) 684-7524.

### Outdoor Adventure Trips!

Do you like to go mountain biking, white water rafting, camping, or climbing, or have a desire to try one or all of them out? Dates, locations, and times to come, see the TDL for details and to sign up. Most trips will be in conjunction with Outdoor Opportunities - a Seattle Parks and Recreation Teen Signature Program.



### The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



**Pro Parks Levy**

## Teens

### Late Night for Teens!

Oh Yeah! The freedom to hang with your friends, roller skate, swim, shoot some hoop or watch a movie. It's your weekend, let's start it off right. In North Seattle, Late Night is offered on Friday and Saturday nights at the Bitter Lake Annex and Meadowbrook Teen Life Center. Late Night is totally free and for teens ages 13-19 years old! Fridays and Saturdays from 7:00 p.m.-12:00 a.m.!

#### Bitter Lake Community Center

1st Friday - Roller skating  
1st Saturday - Talent Show  
2nd Friday - 3 on 3 Tournament  
2nd Saturday - Cooking Project  
3rd Friday - Pizza & a Movie  
3rd Saturday - Video Game Night  
4th Friday - Teen Swim at Madison Pool (8:30-9:30 p.m.)  
4th Saturday - Dodgeball Tournament

**Location: Annex at Broadview Thomson Elementary School**

#### Meadowbrook Teen Life Center

Friday Nights - Middle School Only  
1st Friday - Music Studio  
2nd Friday - Culinary Arts  
3rd Friday - Teen Swim at Meadowbrook Pool (Middle/High School)  
4th Friday - Pizza & a Movie  
Saturday Nights - High School Only  
1st Saturday - Culinary Arts  
2nd Saturday - Pizza & a Movie  
3rd Saturday - Pool Saturday  
4th Saturday - Special Event/Field Trip

**Location: 10750 30 Ave NE**

### Traveling Tuesdays & Wild Wednesdays

The Pacific Northwest is a large and beautiful place! Get out and see it with us! We will travel around the PNW on Tuesdays and Wednesdays throughout the summer and experience life. We will go to Game Works, wild waves, baseball and basketball games, rock climbing, hiking and many more locations and events. Stay tuned for more details!

**Age: 13 to 18**

**Tue, Wed**

**Noon – 6 p.m.**

**Fees: Depends on the activity**

### Teen Room Thursdays

Need a break from your busy summer schedule. The Bitter Lake Teen Room is your ticket to mastering your game room skills. We will watch movies, play video games, board games, cards, or test your skills at ping pong, pool, and foosball. Snack Provided

**Thursdays 3 – 7 p.m. Jun 29 – Sep 14**

**Fees: Free!**



## Teens



### Field Game Fridays

It's summer and the sun is shining. Come out for Field Game Fridays and show us what you're made of! We will play a variety of field games including but not limited to: flag football, ultimate Frisbee, kickball, softball, and soccer.

**Fridays 2 – 4 p.m. June 19 – Sept 14**

### Teen Environmental Action Team

Need extra service hours or just like to make the world a better place to live in? Come and help with Bitter Lake's Shoreline Improvement project. Donuts and juice provided each morning. Additional projects can be added with interest.

**Sat, Jul 15 9:30 a.m. – Noon**

**Sat, Aug 19 9:30 a.m. – 12:30 p.m.**

**Sat, Sep 16 9:30 a.m. – 12:30 p.m.**

**Fees: Free!**

### Volunteer Group

If you need service hours or you just want to volunteer at the community center, then join the volunteer group on the 2 & 4th Thursdays of the month. You can sign up for regular weekly service hours and also help design a service project.

**Thursdays 3:30 – 9 p.m.**

**Fees: Free!**

### Summer Teen Camp

#### 6 – 8th Grade

This summer camp experience is just for teens, from 6 to 8th grade! Enjoy regular field trips to the beach, the mall, Pike Place Market and other great places! Meet new friends and have a summer filled with swimming, games, crafts, community service projects and much, much more!

Camp runs from 7 a.m. – 6 p.m., Monday– Friday. Cost is \$135/week.

#### Camp 6 – 8th Grade Summer Themes

**Week 1: 6/26-6/30**

**Spring Into Summer**

**Week 2: 7/3-7/7**

**Bowling For Medals**

**(No camp 7/4)**

**Week 3: 7/10-7/14**

**A Walk In the Park**

**Week 4: 7/17-7/21**

**Seattle's Finest**

**Week 5: 7/24-28**

**Outer Limits**

**Week 6: 7/31-8/4**

**Wish Wash**

**Week 7: 8/7-8/11**

**The Greater Outdoors**

**Week 8: 8/14-8/18**

**Splish Splash**

**Week 9: 8/21-8/25**

**Teen Spirit**



## Adults

### Adult Drop-In Sports!

Adults, here's your chance to drop in, have some fun and get in shape too! Please pay your \$2.00 drop-in fee at the front counter before entering the gym. Adult drop in programs are on-going. Schedule subject to change.

**Fees: \$2.00 per person**

#### Basketball

**Tue, Fri** 7 – 9 p.m.

#### Dodgeball

**Wednesdays** 7 – 9 p.m.

#### Pickleball

**Thursdays** 5 – 7 p.m.

### Jazzercise

The world's largest dance fitness program combines total body conditioning, the benefits of aerobics with the fun of dance. Each class is one hour long and includes: warm-up, aerobics, toning, strengthening, and cool down. This is a paid advertisement. This class is not operated by the Bitter Lake Advisory Council.

**Instructor: Kathy Batson and Sandy Ziegler**

**Fees: \$7.00 \$30 for 5 classes (new student special) \*monthly passes available\***

**Saturdays** 9 – 10 a.m.

**MWF** 9:30 – 10:30 a.m.

**Tue/Thu** 6:30 – 7:30 p.m.

### Remix Workouts Session 1

**Ages 13 and older**

Get the kids off to school and meet us for a morning workout. These classes are always different so you'll stay challenged and motivated. Your instructor blends a variety of movements to provide cardiovascular exercise as well as strength training.

**Location: Gym**

**#8942 7/11/2006 – 8/17/2006**

**Tue/Thu 9 – 10 a.m.**

**Activity Fee \$70.00**

### Remix Workouts Session 2

**Location: Gym**

**#8943 8/22/2006 – 9/28/2006**

**Tue/Thu 9 – 10 a.m.**

**Activity Fee \$70.00**

### Yoga Session 1

**Ages 15 and older**

Would you like to learn the basics of yoga? Are you looking to take some time away from your busy life? Sign up for Adult Yoga. Not only will you be able to relax and learn something new, but you will also get into great shape in the process.

**Instructor: TBA**

**Location: Multi-Purpose Room- 1/2 South**

**#8947 6/28/2006 – 8/16/2006**

**Wed 5:30 – 6:30 p.m.**

**Activity Fee \$50.00**

### Yoga Session 2

**Location: Multi-Purpose Room- 1/2 South**

**#9057 8/23/2006 – 9/13/2006**

**Wed 5:30 – 6:30 p.m.**

**Activity Fee \$25.00**

### Salsa Lab

Come dance to energizing music while salsa dancers share their movements. Join other dancers working to develop their dancing skills by practicing new moves or redefining others. Polish your footwork, rehearse your routines, reinforce dance techniques or just work out. Come with a friend or come alone and introduce yourself to fellow dancers. An instructor is not provided with this lab.

**Fridays 7 – 8:45 p.m. Jun 30 – Sep 15**

**Fees: \$3.00 drop in fee**

## Adults



### Introduction to Hapkido

Hapkido is a complete martial art system that includes empty hand and weapons (wooden sword/staff/etc.) practice. It is an excellent art for self defense. This beginner's class is designed to introduce you to art in a non-competitive, safe environment. Learn the basics of Hapkido movement, with and without partners. Benefits include increased physical fitness, flexibility, strength and balance, improved confidence, and a more peaceful mind. An enjoyable workout, led by a professional black instructor.

Instructor: Jessica Berg

**Ages 7 and older**

No Class 7/4/06

**Location: Art Room**

#8926 6/20/2006 – 8/29/2006

Tue/Thu 6:30 – 7:30 p.m.

**Activity Fee \$80.00**

### Hapkido

**Ages 7 and older**

Hapkido is a Korean martial art. Hap translates as harmony, Ki is intrinsic energy, and Do means "way". It is an integrated art of kicking, striking, patterns (series of arranged moves), and throws. Weapons included. Hapkido is an excellent art for self-defense while focused on physical and mental

health while being in harmony with one's environment. Tenets, such as courtesy, patience, and right behavior, are practiced by the students and instructors.

**Location: Multi-Purpose Room- 1/2 South**

#8925 6/19/2006 – 8/24/2006 Mon, Tue/Thu 4:30 – 6 p.m.

**Activity Fee \$105.00**

### Kendo

Kendo is a co-ed martial arts sport based on Samurai traditions requiring both mental and physical discipline. Participants use bamboo swords and full protective body armor. Participants must purchase a bokken (bamboo sword) either before or at first class.

**Location: Gym**

#7666 6/29/2006 – 8/10/2006

Thu 7 – 9 p.m.

**Activity Fee \$60.00**

### Karate – Butokukan

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

**Location: Multi-Purpose Room**

**Activity Fee \$65.00**

#### Beginners

#8929 6/19/2006–

8/23/2006

Mon/Wed 7 – 8 p.m.

#### Advanced

#8927 6/19/2006 –

8/23/2006

Mon/Wed 7:30 – 9 p.m.



## Adults

### Beginning Tennis Lessons

**Ages 12 and older**

Have you always wanted to learn to play tennis? Or, do you want to improve your game? Here's your chance! Meet on the courts at Bitter Lake! For teens to adults.

No Class 7/4/06

#### Beg. Session 1

#9059 6/27/2006

– 7/25/2006

Tue/Thu 7:15 – 8:15 p.m.

Course Fee \$50.00

#### Beg. Session 2

**Ages 12 and older**

#9060 8/1/2006 – 8/24/2006

Tue/Thu 7:15 – 8:15 p.m.

Course Fee \$50.00

### Intermediate Tennis Lessons

**Ages 10 – 15**

If you've played some tennis before and want to get better, this class is for you! Learn good technique and practice your fundamentals. This class is for youth between the ages of 10-15 who have some tennis experience.

No Class 7/4/06

#### Int. Session 1

#9061 6/27/2006 –

7/25/2006 Tue/Thu 6 – 7 p.m.

Course Fee \$50.00

#### Int. Session 2

#9062 8/1/2006 – 8/24/2006

Tue/Thu 6 – 7 p.m.

Course Fee \$50.00



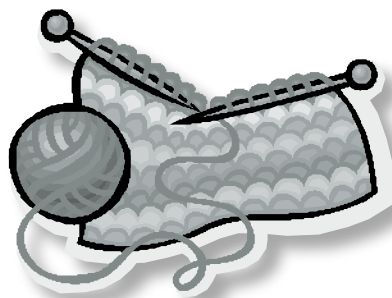
## Seniors

### Senior Dance

Step out to the sound of our band, the Peptones, at our weekly Senior Adult dance! Enjoy good friends, refreshments, fun weekly themes - and of course, DANCING! Lucille Getchell is your lovely hostess who puts on a fabulous dance!

**Thursdays 1 – 3 p.m.**

**Fees: \$3.50 at the door**



### The Needlers

Join this group of needle-working seniors and work on a project of your own. It's a time to talk and share each other's company. The group meets every second and fourth Tuesday of the month.

Drop in, it's free!

**Tue/Thu Noon – 3 p.m.**

**Fees: Free**





## Senior Adults

### Northwest Senior Adult Registration Information: Classes/Special Events

**Northwest Sector Recreation Specialist**  
**206-233-7138**

**Summer Quarter Dates:** June 19 — Sept 3

**No classes:**

Tuesday, July 4, Independence Day

**Make-ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

**Class Registrations:** Begin **May 30, 2006**. Class times/dates/instructors are subject to change. Events with phone-in only registration are marked accordingly.

**Please make checks payable to**  
**Senior Adult Advisory Council ("SAAC")**

**Mail payments to:** Senior Adult  
Programs, Attn: Northwest Sector,  
8061 Densmore Ave N, Seattle, WA  
98103-4436.

### Body Conditioning

This class is perfect for all fitness levels. Gain strength and greater flexibility. Look and feel better. Use dynabands/free weights/balls for strength conditioning.

**Instructor:** Lisa Haynes

**Age:** 55+

**Tuesdays** 10:50 – 11:50 a.m.

**Fees:** \$25.00 **Bitter Lake CC**

### Senior Aerobics

Join a friendly, low impact aerobics class that will help energize you. Body strengthening and stretching taught by a certified instructor.

**Instructor:** Debbie Gotchef

**Thursdays** 9 – 10 a.m.

**Fees:** \$20.00 **Bitter Lake CC**

### Yoga

Gentle stretching to keep limber and build muscles, improve breathing, and balance. All skill/fitness levels.

1-day week

**Instructor:** Paul Federowicz

**Thursdays** 10:15 – 11:15 a.m.

**Tuesdays** 10:15 – 11:15 a.m.

**Fees:** \$25/8 weeks

**Location:** Northgate CC

### Pickleball

Learn this fun game that is played indoors and is a cross between tennis and ping pong. All equipment provided!

**Tuesdays** 10:30 a.m. – 12:30 p.m.

**Fees:** \$1.00 (\$2.00 if under age 55)

**Location:** Bitter Lake CC

**Tuesdays** 11 a.m. – 2:30 p.m.

**Fees:** (\$2.00 if under age 55)

**Location:** Ballard CC

**Wednesdays** 12:30 – 2:30 p.m.

**Fees:** \$1.00 (\$2.00 if under age 55)

**Location:** Loyal Heights CC

**Fridays** 12:30 – 2:30 p.m.

**Fees:** \$1.00 (\$2.00 if under age 55)

**Location:** Bitter Lake CC

### Sound Steps Walking Group

Take a step toward health! Join the Sound Steps walking club at Northgate Mall, Tuesdays and Thursdays at 9 a.m. Get fit, make new friends, and get your shopping errands done all at once! Let us know if you'd like to be the Thursday team captain. Meet at the food court by Starbucks.

To register, call Mari at 684-4664.

**Tue/Thu** 9 – 10 a.m. **Jul 24 – Aug 31**

**Fees:** Free



## Senior Adults

### Green Lake Rowing

Small Craft Center located at 5900 W. Green Lake Way N.

#### Learn to Row

This Learn to Row class teaches the fundamentals of rowing to seniors. This is an "on the water" class and will cover the basics of the rowing stroke, boat handling, water safety, rowing terms, coxing skills and equipment care. This class is specially designed for those ages 55 and over who are active and enthusiastic about learning to row. This class will meet for 2 hours. **You will need to take a float test.**

**Instructor:** Pre-register by calling 233-7138

**12:30 – 2:30 p.m. Jun 20 – Jul 6**

**Fees:** \$25.00 8 sessions Tuesdays & Thursdays

**Location:** Green Lake Small Craft Center

#### Senior Rowing: Continued

Continue to build on skills acquired in the 'Learn to Row' class. This class will fine tune your rowing skills and increase your cardiovascular workouts. A complete physical and cardiac evaluation is strongly recommended. Prerequisites for this class are either previous experience or successful completion of the 'Learn to Row' class. **A float test is required.**

**12:30 – 2:30 p.m. Jul 11 – Aug 17**

**Fees:** \$35.00 8 session Tuesdays and Thursdays

**Location:** Small Craft Center

#### Birds & Boating

This non competitive recreation class is perfect for those who enjoy the world around them. Learn the fundamentals of both canoeing and kayaking at a leisurely pace that allows you to get your feet wet. In addition to a paddling instructor the class will be accompanied by a Naturalist who will

talk about the wildlife that inhabits the Green Lake area. This class is designed and offered to those who are 55 and older. The class is 2 hours long.

**12:30 – 2:30 p.m. Aug 7 – Aug 28**

**Fees:** \$25.00 4 sessions on Mondays

### Volunteer Opportunities

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide drinks and treat. Name the park with which you'd like to assist. Van pick-up from Ballard Community Center. Reg. on June 20 at 8 a.m.

#### Carkeek Park

Bring your own lunch.

**Tue, Jul 25 10:15 a.m. – 1 p.m.**

**Fees:** Free

#### Atlantic Street Nursery

To register, please call 206-233-7138 after 8 a.m. June 20.

**Age:** 55+

**Tue, Aug 22 10:15 a.m. – 1 p.m.**

**Location:** Pick Up Ballard

#### Carkeek Park

**Tue, Sep 5 10:15 a.m. – 1 p.m.**

**Location:** Ballard Pick Up

### Advanced Bridge- Duplicate Style

Four weeks of focusing on two suits! How to bid them when you open, when you overcall, and when you respond! Learn the secret to defending against two-suited hands.

**Instructor:** Marilyn Shelton- ACBL accredited  
**Bronze Life Master**

**Age:** 55+

**Mondays 10:45 a.m. – 12:45 p.m. Jul 3 – Jul 24**

**Fees:** \$15.00 Class is 4 weeks.

**Location:** Bitter Lake CC

### Open Bridge

Party bridge managed by Leo, call (206) 364-4604 if you have questions.

**Thursdays 1:30 – 4:30 p.m.**

**Fees:** Free Bring donations for coffee

*For more information on these and other Senior Adult programs, please call 206-684-4951 and request a copy of our latest brochure.*

## Senior Adults

### Lunch Club

Explore the hottest local foods with fun people. Register June 26 at 8:00 a.m. to reserve your seat (206) 233-7138. There is an automatic 17–20% gratuity on your table's tab. Meet at Ballard CC. at 11 a.m. Each trip is \$4 paid in advance.

#### P.F. Chang's at Alderwood

Register June 26 at 8 a.m. by calling 206-233-7138 (limited capacity).

11 a.m. Tue, Jul 18 \$4.00 \$\$

Location: Ballard CC

#### Arnies in Edmonds

11 a.m. Tue, Aug 8 \$4.00 \$\$

#### Zinnia's in Mill Creek

11 a.m. Tue, Sep 12 \$4.00 \$\$

### The Needlers

Join this group of needle-working seniors and work on a project of your own. It's a time to talk and share each other's company. This group meets every second and fourth Tuesday of the month.

Instructor: 2nd and 4 Tuesday each month

Tuesdays Noon – 3 p.m.

Fees: Free Drop in Bitter Lake CC

### Grand Opening of Northgate Community Center

Join us in celebrating the opening of our newest community center. Learn about the new classes to be offered, meet the new staff and instructors, tour the facility, and have an awesome BBQ lunch.

Saturdays Sat, Jul 15 Noon – 4 p.m.

10510 5 Ave NE Northgate CC

### Special Events

#### Non-Medical Pain Relief with Egoscue

Learn about the Egoscue Method, a posture therapy program involving a series of stretches and gentle exercises. Treat pain without drugs, surgery, or manipulation, and live pain-free.

Instructor: Branden Mitchler

Fri, Aug 18 1 – 2:30 p.m.

Free Bitter Lake CC

### Nature Walks and Hikes

Enjoy forests, streams, and more. Walk at your own pace for up to 1 1/2 hours. 'Walks' refer to flat, mostly level terrain, 'hikes' refer to a little more challenge with slopes. To register, call March 30 at 8:00 a.m. Wear all terrain shoes. Rain or shine. bring a sack lunch, pick up is Ballard CC.

#### Grandview Forest Park

Level to moderate. Hike is in Gig Harbour.

Wed, Jul 5 9:30 a.m. – 3 p.m.

Fees: \$10.00 Earlier start time for this hike.

Location: Ballard van pick-up

#### Lake Wilderness Arboretum

20 acres of forest and trails that take you through native plants and garden displays. Moderate level.

Wed, Aug 23 10 a.m. – 3 p.m.

Fees: \$5.50

### Trip Registration Information

Trip Registration: Call (206) 233-7138 at 8 a.m. on the dates listed under each trip. You may sign up yourself and one other person. When you call, leave your name, phone number, name of trip and pick-up site. You'll be called back ONLY if on the wait list.

Payment must be received five working days prior to trip or be subject to cancellation. **All Checks should be mailed to: SAAC, Senior Programs, Attn: NW Sector, 8061 Densmore Avenue N, Seattle, WA 98103**

PICK-UP SITES:

(Please park your car on the road)

Ballard CC 6020 28 Avenue NW

Bitter Lake CC 13035 Linden Avenue N.

Loyal Heights 2101 NW 77

South Bound Trips: Bitter Lake leave 30 minutes, Loyal Heights 15 minutes early. Bitter Lake time listed.

North Bound Trips: Ballard leaves 30 minutes early, Loyal Heights leaves 15 minutes early. Bitter Lake time listed.

**Vans will only wait for 5 minutes for late people.** Registrations begin promptly at 8:00 a.m. Please don't call any earlier. Please do not wear any fragrances as a courtesy to those who have chemical sensitivities.



## Senior Adult Field Trips

### Springbrook Trail

Level to gentle on paved surfaces. In Renton.

**Wed, Sep 13 10 a.m. – 3 p.m.**

**Fees: \$5.50**

### Discover Columbia City

Venture down to the Rainier Valley with us to discover some amazing spots in the Columbia City district. We will take time to see the new Columbia City Bakery where visitors are invited to watch the bakers in action. Afterwards, you can stroll through the farmers market, take in a gallery or stroll through the park. This adventure is all about good food and good things. Reg. June 19.

**Wed, Jul 12 Noon – 5 p.m.**

**Fees: \$6.00 S – Bound**

### Blueberry Fields Forever!

July is the best time to pick blueberries. We are going out to Bellevue's Blueberry Farm to pick until are hearts content. You are provided a bucket, and its only \$1.00 a lb. to pick. There is also a produce area and fresh flowers available. Bring a sack lunch, we will head to a park along the Lake Washington shore to eat, and maybe soak our feet in the lake. A cooler will be provided to store your berries in until we get back home. Reg. June 27.

**Wed, Jul 19 9:30 a.m. – 3 p.m.**

**Fees: \$6.00 S – Bound**

### Microsoft Art Collection

Tour the wonderful art collection at Microsoft. After our tour we will go to Redmond Town Center for lunch on your own. Reg. June 29.

**Mon, Jul 24 9:50 a.m. – 3 p.m.**

**Fees: \$6.00 N – Bound**

### Mariner Game!

Time to get your Sodo Mojo on. Watch the M's vs. the Toronto Blue Jays. We will be sitting in foul ball territory by 3 base. Along with your ticket you get a free soda and hot dog- what a deal! Reg. June 21.

**Wed, Aug 9 Noon – 5:30 p.m.**

**Fees: \$30.00 S – Bound**

### W.W. Seymour Botanical Conservatory

This newly restored conservatory in Tacoma holds

an extensive permanent collection of trees, ferns, orchids, and floral displays. We will have a docent guided tour, bring \$2.00 for donation. Have lunch on your own in Tacoma. Reg. July 17.

**Wed, Aug 30 10 a.m. – 4:30 p.m.**

**Fees: \$10.00 N – Bound**

### All You Can Eat Crab Feast!

We are head up to La Conner to enjoy a day out on the water with a 3 hour cruise surrounded by nature. Lunch is included with the cost of the trip. **Send with registration a check for \$52.70 to Viking Cruises. Reg. July 20.**

**Wed, Sep 6 9:45 a.m. – 4 p.m.**

**Fees: \$10.00 N – Bound**

### Bellevue Botanical Garden and Kirkland Art Galleries

We will have a docent guided tour of the Bellevue Botanical Gardens, then we are off to downtown Kirkland to enjoy their many art galleries. Lunch on your own in Kirkland. **Register on July 14.**

**Wed, Aug 2 9:15 a.m. – 3 p.m.**

**Fees: \$10.00 N – Bound**

### Trip Registration Information

**Trip Registrations are *phone-in only*** beginning at **8 a.m.** on the **date listed** under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll **ONLY** be called back if on the Wait List.

**Please make checks payable to SAAC. Mail payments to:** Senior Adult Programs, Attn: Northwest Sector, 8061 Densmore Ave N, Seattle, WA 98103-4436. ***Trip payments must be received at least 5 working days prior to trip.***

**Van Pick-up available** from Bitter Lake CC, S-bound: 30 min. before trip time. N-bound: time listed. Please park your car on the upper road. ***Vans will only wait 5 minutes for late people. Please do not wear fragrances as a courtesy to those who have chemical sensitivities.***

## Phone Numbers

### Community Centers

Alki .....	684-7430
Ballard .....	684-4093
<b>Bitter Lake .....</b>	<b>684-7524</b>
Delridge .....	684-7423
Discovery Park .....	386-4236
Garfield .....	684-4788
Green Lake .....	684-0780
Hiawatha .....	684-7441
Highpoint .....	684-7422
Jefferson .....	684-7481
Langston Hughes Performing Arts Center .....	684-4757
Laurelhurst .....	684-7529
Loyal Heights .....	684-4052
Magnolia .....	386-4235
Meadowbrook .....	684-7522
Miller .....	684-4753
Montlake .....	684-4736
Queen Anne .....	386-4240
Rainier .....	386-1919
Rainier Beach .....	386-1925
Ravenna-Eckstein .....	684-7534
Sand Point .....	684-4946
South Park .....	684-7451
Southwest .....	684-7438
Van Asselt .....	386-1921
Yesler .....	386-1245

### Swimming Pools

Ballard .....	684-4094
Evans .....	684-4961
<b>Madison .....</b>	<b>684-4979</b>
Meadowbrook .....	684-4989
Medgar Evers .....	684-4766
Queen Anne .....	386-4282
Rainier Beach .....	386-1944
Southwest .....	684-7440
Colman (Summer only) .....	684-7494
Mounger (Summer only) .....	684-4708

### Libraries

Ballard Library .....	684-4089
Beacon Hill Library .....	684-4711
Bookmobile/Mobile Services .....	684-4713
<b>Broadview Library .....</b>	<b>684-7519</b>
Capitol Hill Library .....	684-4715
Central Library .....	386-4636
Columbia Library .....	386-1908
Delridge Library .....	733-9125
Douglass-Truth Library .....	684-4704
Fremont Library .....	684-4084
Green Lake Library .....	684-7547
Greenwood Library .....	684-4086
High Point Library .....	684-7454
Lake City Library .....	684-7518
Madrona Sally Goldmark Library .....	684-4705
Magnolia Library .....	386-4225
Montlake Library .....	684-4720
NewHolly Library .....	386-1905
North East Library .....	684-7539
Northgate Temporary Service Site .....	386-1980
Queen Anne Library .....	386-4227
Rainier Beach Library .....	386-1906
Southwest Library .....	684-7455
University Library .....	684-4063
Wallingford Library .....	684-4088
West Seattle Library .....	684-7444

### Neighborhood Service Centers (DON)

Ballard NSC .....	684-4060
Capitol Hill .....	684-4574
Central NSC .....	684-4767
Delridge NSC .....	684-7416
Downtown NSC .....	233-8560
Fremont NSC .....	684-4054
Greater Duwamish NSC .....	233-2044
Greenwood NSC .....	684-4096
Lake City NSC .....	684-7526
Queen Anne/Magnolia NSC .....	684-4812
Southeast NSC .....	386-1931
University NSC .....	684-7542
West Seattle NSC .....	684-7495

**You can make a difference!**

The Bitter Lake Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Bitter Lake's Advisory Council is always looking for new members. Meetings are held on the fourth Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Bitter Lake Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

**E-Brochures are available!**

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information online.

**Suggestions**

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

**Interested in teaching?**

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

**Anti-discrimination**

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

**Accommodation for people with disabilities**

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

**Rentals**

All rooms at the Center, including the Gym are available for rental on an availability basis. Rates are reasonable, so schedule your next birthday party, wedding reception, or potluck event with us. For more information, please call 206-684-7524.

**More information**

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

**Fees and charges**

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

**Scholarships**

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

**Waiting lists**

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

**Class cancellations**

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

**Confirmations**

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.